



Dental Van - Household Supports



Food Share Program



After School Programs



Youth Outdoor Programs

A Legacy Moment



Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.

-- Arundhati Roy

Despite the many dark clouds and moments of despair, 2022 has also been filled with shining lights and special moments. We want to thank the entire community for your donations, incredible volunteer efforts, helping family, neighbors and friends, and the many things that each person does to keep Lopez healthy and strong.

LIFRC believes that sharing power and empowering the next generation of diverse leaders -- working to reimagine our island anew -- will create a better future for all of us. These talented leaders are working side by

side to build trusting relationships that will shape a future with deeper connections, mutual understanding, and a more inclusive community.

We appreciate the risks that you: our donors, volunteers, supporters, and caring neighbors, take on this journey with us, helping us innovate and explore new ways of working together.

Lopez IS truly a magical place where we can have an impact - together; we are making lasting change happen. You have our deepest, heartfelt gratitude for all that you give of yourselves to make this possible.

—The LIFRC Staff & Board

Providing Stability and Security

The constant, daily stress of financial insecurity—wondering if you will be able to pay your bills—takes a toll on the health and well-being of too many households on Lopez. Unfortunately, Lopez appears at the extreme end of two statistical lists for our state; our cost of housing is among the highest, and our wages among the lowest. It is common for some residents to spend 50 percent or more of their income on housing, leaving little for food, utilities, and other bills. In one-to-one sessions, our **Household Supports** staff members support clients to develop their own strategies and help them navigate long, complicated application processes for assistance programs. Clients are empowered to get the resources they need to pay for rent, utilities, counseling sessions, ferry tickets, and more.

"I wasn't able to afford fuel to heat my home and was feeling extremely stressed. I was relieved and grateful for the Emergency Energy Assistance grant the LIFRC helped me apply for. It provided a full tank of propane, keeping my family and kitty toasty warm during the long cold winter months."

—LIFRC client

HOUSEHOLD SUPPORTS

\$57,299 rental assistance

44 households

96 people served

\$45,989 utility assistance

97 households

LIFRC Mentoring was selected by the Washington State Recreation and Conservation Office (RCO) to receive an Outdoor Learning Grant to offer **YOLO: The Salish Sea**. This innovative grant enables LIFRC to partner with Lopez Island School District (LISD), WA State Parks, and Coast Salish tribal elders. Students are provided experiential learning opportunities at six WA State marine parks to study geology, history, and stewardship of our public lands.



Nourishing Our Island



As the cost-of-living surges with unprecedented inflation, islanders continue to experience extreme economic strain. 35% of Lopez households earn less than \$16 per hour which is not enough for a basic survival budget. When balancing a tight budget, statistics show that people often have to choose among their basic needs which often means skipping meals.

Lopez Food Share's innovative food bank ensures no community member goes hungry. By supplying healthy and nutritional foods to hundreds of residents each week, LIFRC strives to promote wellness and food security in our community. The program invests in our local economy by buying produce from island farms while also drawing from the larger food bank system. By providing multiple ways for clients to access food (online ordering, home delivery, and in-person shopping), we reduce barriers and work to create equitable access to food.



"We had to take in some family members this year, so our household grew pretty suddenly. If we weren't getting food from the Food Share, I don't know how we'd afford to eat, let alone eat fruit and vegetables like we get here. The Food Share allows us to stay a part of the Lopez community."
-Food Share recipient

LOPEZ FOOD SHARE
625 individuals
253 households served
64 dedicated volunteers
5,000 pounds of gleaned fruit
12 restaurants and farms supported

Learning Year Round



AFTER-SCHOOL and SUMMER PROGRAMS

43 Youth/After School

129 Youth/Summer

17 Junior Camp Counselors

As COVID restrictions eased this past year, we returned to indoor programming and increased our capacity to serve more youth. Being in a safe and fun learning environment with their peers is essential for youth's social and emotional development.

In the 2021/22 school year, in partnership with the school and library, LIFRC offered a year-round, **after-school program** five days a week with activities such as dance, art, STEM, games, Culinary Day, reading, and more. Camp Huckleberry, our **outdoor summer day camp**, was developed from a need within the community for all-day activities for children whose families are working and those who had been isolated during the year of remote learning.

The camp has grown and demonstrated a need for full-week summer day camps as well as our **customary specialty summer workshops**. Junior Camp Counselors (4-6th graders) were introduced to Camp Huckleberry for the first time this year, providing youth an active leadership role in the programs. They were well received by the youth and will continue to be an integral part of programming in the future.



"I think it's magical being here with the kids. It's fun having multiple ages because we look after and care for each other."

- Junior Camp Counselor



Developing and Thriving Together

Mentoring is part of LIFRC's Youth Enrichment programs which fosters involvement through mentor/mentee (trusted adult/youth), peer-to-peer (student/student), and small groups. These programs connect youth with someone that believes in them and their community. It enriches their lives, strengthen a youth's sense of identity, builds confidence, expands perspectives and build skills -- all shaping the future leaders of our island and beyond.

After two years of virtual learning and isolated social interactions, Lopez teen youth have been stepping up to be a part of the solution through LIFRC **Youth Outdoors Leadership Opportunities Salish Sea (YOLO - Salish Sea)**, LIFRC's **Youth Advisory Council**, and **La Cima Bilingual Youth Leadership**. This emerging group of youth advocates is energized, inspired, and ready to co-create and co-lead. Teaming up with the LIFRC, they are helping to build more inclusive and responsive programs for youth voices.

YOUTH MENTORING

- 27 youth paired with 1:1 mentor
- 36 youth attend small-group sessions
- 18 youth participate in La Cima Lopez in partnership with WA State Equity Institute
- 55 youth join YOLO: Salish Sea on-site bi-monthly sessions for grades 6-12 at WA state parks in partnership with Lopez Island School District, Coast Salish tribal partners, and WA state parks

Coming soon! Inter-island La Cima at Camp Orkila Youth Advisory Council



"My favorite part of the monthly meetings is the safe place we create. It allows us to loosen up, play games, and talk about serious topics that affect us and others without feeling judged. It's a space where we all feel welcome.

- La Cima participant

Planting Seeds for Lifelong Learning

The seeds for successful life-long learning are planted through early socialization and fun and engaging activities. LIFRC's **Parent-Tot** program offers a welcoming space for parents to join other families to share and embrace the joys and challenges of parenting in a mutually supportive environment. Friendships bloom, strengthening and fostering relationships between parents and children. Vocabulary development, creativity, and fine motor skills are stimulated, creating a solid foundation that nurtures well-being, growth, and learning for years to come.



LIFRC teamed up with the Lopez Elementary School and the Lopez Library for one-on-one literacy tutoring this summer, and the **Reading Rangers** were born. Students built literacy skills and confidence through games and activities that exercised young readers' minds and bodies.



EARLY LEARNING ACTIVITIES

55 Children ages 0-5 Parent Tot/Therapeutic Play

18 Outdoor sessions (May-Sept)

SUMMER LITERACY

14 1:1 youth-adult literacy teams

6 Weeks of sessions (3x weekly, 1 hour daily)

"I LOVE reading now!"
-Reading Ranger participant

"You help make so many new parents feel seen and heard. Thank you for what you do for our community."

-Parent-Tot parent



Ensuring Well-being

As Islanders, we pride ourselves on being a tight-knit, responsive community. Yet, it's not always easy to ask for help or recognize that a neighbor, friend, child, or family member is struggling. Navigating difficult life situations, whether the result of trauma or daily stressors like financial insecurity, has increased anxiety, depression, and substance and alcohol abuse in rural communities on par with urban areas. Lopez is no different. The LIFRC supports several community wellness initiatives that support mind, body, social and emotional well-being. LIFRC staff help coordinate care and access to behavioral health services, social support, and local private therapists.

For children, having a safe space to share, learn, and communicate feelings helps them thrive throughout their lifetime. The **Primary Intervention Project** (Therapeutic Play) is an essential early childhood program that provides child-centered, non-directive, and expressive play. **The Calm and Connected toolkit** is offered to 6th, 8th, and high schoolers, to help youth learn skills to cope with anxiety and depression. **The Heart & Soul Cafe** is a peer-supported program based on mutual love and respect, regardless of past or present trauma, illness, mental or emotional anguish, or addictive behaviors.

"The weekly connection brings a sense of security and trust in being cared for, and supports me in staying on track and making healthy choices in my life."
-Wellness program participant

**LOPEZ COMMUNITY
WELLNESS and PEER SUPPORT**
102 Individuals
532 Counseling sessions
24 Medication checks



Heart and Soul Cafe Team

ACHIEVING GREATER EQUITY

LIFRC continues its advocacy for social justice, so that everyone feels welcome and valued. As a result of our commitment, the Group Health Foundation awarded us a Community Learning Grant for the exclusive use of **Voices and Visions (V&V)**, a program run by Lopez's BIPOC, LGBTQIA+ and disability rights leaders, both youth and adults.

The funding will be used by these leaders to build stronger relationships, promote inclusiveness, increase awareness and visibility of our diversity, and share power more broadly. We look forward to following these diverse leaders helping shape our future.



V&V Indigenous Celebration

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Wellness Programs/Heart & Soul Cafe

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